



StayWell@Work™

Monthly Strides

Taking strides to better your health

June Issue Includes

- **Sun Safety Week (June 1-7)**
- **National Men's Health Week (June 15-21)**
- **National Safety Month**
- **Home Safety Month**
- **Fireworks Safety Month**

June is National Safety Month as well as Home Safety Month and Fireworks Safety Month. Some simple tips to keep your family safe this month and all year long are:

- Start by making sure your family wears a sunscreen of SPF 15 or higher every day, as well as hats, sunglasses, long sleeves and pants when long exposure to sun is unavoidable.
- Keep a reminder each month on your calendar to check your smoke detector batteries and remind family members of exit strategies in case of a home fire. Teach each member how to handle a fire extinguisher and keep it in an easily accessible area. Practice a fire drill at least 2 times each year.
- With summer come fireworks. Children should never handle fireworks alone, and teaching them the importance of handling them safely is the responsibility of all adults.

Visit www.fireworksafety.com, www.sunsafetyalliance.org and www.homesafetycouncil.org to learn more about safety.

National Men's Health Week

Early detection of many health problems can be found through a simple visit with a physician. Early detection can often mean more successful treatment of health concerns. Have you seen your physician lately for an annual exam and other preventive tests and immunizations?

Every man should have his blood pressure and cholesterol checked regularly and certain men need additional exams or immunizations based on their age and health history. Maintaining a healthy lifestyle (not smoking, eating nutritiously, maintaining a healthy weight, exercising regularly, managing stress, etc.) also plays a vital role in maintaining health.

For a schedule of recommended exams and other Men's Health tips, visit <https://delaware.online.staywell.com>.

